

## YouthDMH Stakeholder Event & MC Meeting

COST Action: Digital Mental Health for Young People (YouthDMH)

Tuesday, 21 April 2026

**Location:** COST Association (23<sup>rd</sup> floor),

[Avenue du Boulevard – Bolwerklaan 21, 1210 Brussels](#)

<b>Timetable</b>	
<b>09:00 – 09:20</b>	<b>Registration and Coffee</b>
<b>09:20 – 09:40</b>	<b>Welcome and Opening</b> Introducing YouthDMH: A pan-European network on digital youth mental health
<b>09:40 – 10:25</b>	<b>Stakeholder Presentations (Session 1)</b> <ul style="list-style-type: none"> <li>• Decoding Depression in Youth: Data-Driven Policy for Mental Health Resilience - Sandra Coecke (Joint Research Centre)</li> <li>• Digital environments and their impact on mental health - Rayan Temara (Mental Health Europe)</li> <li>• Six priorities for psychology as principles to underpin societal engagement with advancing technology - Isane Aparicio (EFPA)</li> <li>• Youth Wellbeing in Digital Spaces: Policy Approaches Beyond Social Media Bans - Hannes Jarke (EuroHealthNet)</li> </ul>
<b>10:25 – 10:40</b>	<b>Coffee Break</b>
<b>10:40 – 11:25</b>	<b>Stakeholder Presentations (Session 2)</b> <ul style="list-style-type: none"> <li>• Grounded in Place, Led by Youth Work: Supporting Young People's Mental Health in a Digital Age - Stephen Dallas (Bytes)</li> <li>• Navigator: A digital tool connecting young people to personalised mental health support - Sinead Keane (SpunOut)</li> <li>• From frameworks to evidence generation with real-world users - Louisa Salhi (Kooth)</li> <li>• From Lived Experience to Policy: Strengthening Digital Mental Health for Young People in Europe - Karl Lavò (GAMIAN-Europe)</li> </ul>
<b>11:25 – 12:00</b>	<b>Panel Discussion: Priorities for Digital Youth Mental Health in Europe</b> Moderator: Amanda Fitzgerald
<b>12:00 – 13:00</b>	<b>Lunch Break</b>
<b>13:00 – 15:00</b>	<b>Co-creation Workshops: Future Digital Technologies for Youth Mental Health in Europe</b>
<b>15:00 – 15:05</b>	<b>Closing Remarks</b>
<b>15:05 – 15:15</b>	<b>Coffee and Stakeholder Departure</b>

## Management Committee (MC) Meeting

*Internal Session – MC Members only*

15:15 – 17:00	Management Committee (MC) Meeting
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